

The Biodanza Facilitator

The training of a Biodanza teacher essentially consists of discovering a mission, transmitting in the state of grace, showing new ways to practice love and awakening the enlightened consciousness. Often people show a false identity. They reduce their existence to the demands of an impoverished, even toxic, environment. When people feel unimportant, their actions are unimportant. Lowered self-esteem creates monsters. Many people are not aware that they have a divinity within them. The essential nature of man is the eternal celebration of life. This state reveals to him an enlightened vision of himself and the world. Inner enlightenment is not a personal privilege. Being enlightened for yourself is not enough. Our light is to enlighten those who remain in darkness, so that we can see their essence and transmit the light. Life is a very special opportunity, the opportunity to perceive the "eternal man" and to feel the pleasure of holiness in the body. There is something in us that is greater and more wonderful than what we think or do. If we do not connect with this eternal depth, we feel that we are poor mortals full of difficulties, our life becomes meaningless. Acquiring this connection to the splendor of life is essential. In reality, the enlightenment often spoken of as an exceptional phenomenon full of mystical connotations is a natural state of all human beings. It is a change in the perception of ourselves and the meaning of life. It is a new way of relating to others and facing difficulties as part of our alchemical work, accepting the abundance and beauty that love brings. We are much more than we usually think. We are cosmic beings capable of love and beauty. If we don't embrace this greatness, we will become murderers and our lives will become meaningless. To my great joy, the Biodanza community pursues the highest task that can embrace our existence: to return the sanctity of life to the world.

With all my love,

Rolando Toro Araneda Creator of Biodanza